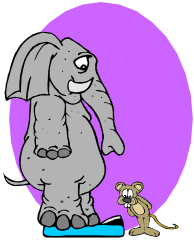


# Strategies for Avoiding the Holiday Bulge



Worried about gaining weight over the holidays? On average, a person can gain as much as two pounds each holiday season.

The good news is that with a little planning and a few simple strategies, it's easy to avoid common pitfalls that lead to weight gain over the holidays.

**Never go to parties or holiday dinners starved:** We often eat faster and more when we are hungry – therefore, eat a wholesome breakfast and lunch on the day to avoid overeating at the party.

**Eat slowly:** It takes about 20 minutes for our brains to signal that we're actually full. Slow eaters will consume fewer calories before feeling full than someone who races through their meal. Move yourself away from the buffet table and mingle.

**Watch your portions:** Go for small portions. Moderation is always the key. Rather than feeling like you must eat a full serving of every dessert at a holiday meal, take a bite or two and receive 90 percent of the pleasure at 10 percent of the calories.

**Physical activity:** Take nice brisk walks with family and friends and enjoy their company during the holiday season.

**Try recipe modification:** Making modifications of your favorite recipes can make the dish healthier by limiting the amount of fat, and perhaps even tastier. To avoid a potential cooking disaster, practice the modified recipe before the big day.



## Crust Less Pumpkin Pie

- 1 can (15 oz.) can solid pack pumpkin
- 1 can (12 oz.) evaporated skim milk
- 2 whole eggs
- ½ cup Splenda®
- 1 tsp cinnamon
- ¼ tsp all spice
- ¼ tsp ginger
- 1/8 tsp salt
- ½ cup graham cracker crumbs
- 8 Tbsp fat free whipped topping

In a mixing bowl combine pumpkin, eggs, milk, and sugar substitute; beat until smooth. Add spices and salt and mix until blended. Stir in graham crackers. Pour into 9" pie plate coated with non stick cooking spray. Bake at 325° for 50-55 minutes or until knife inserted in center comes out clean. Cool and garnish with dollop of whipped topping. Store in refrigerator.

Makes 8 servings: 106 calories  
2.5 g fat  
16 g carbohydrate

*Submitted by Child Nutrition Services*

